DOCUMENT RESUME

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AUTHOR	Freedman, Judy S.
TITLE	Easing the Teasing[R]: Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying.
ISBN	ISBN-0-07-138175-9
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NOTE	266p.
AVAILABLE FROM	McGraw-Hill Order Services, P.O. Box 545, Blacklick, OH 43004-0545 ($14.95). Tel: 800-621-1918 (Toll Free); Web site: http://www.contemporarybooks.com.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
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DESCRIPTORS	*Bullying; *Children; *Coping; Elementary Education; Emotional Response; Empathy; Friendship; Parent Role; Parent School Relationship; *Peer Relationship; Prevention; Self Concept; Social Support Groups
IDENTIFIERS	Ridicule; *Social Rejection; *Teasing

ABSTRACT

Noting that teasing can have damaging and lasting effects on children, including low self-esteem, chronic stress, anxiety, dislike of school, and aggressive behavior, and that children need concrete ways to cope with teasers and the emotional turmoil teasing can cause, this book presents a program to teach children and parents how to deal effectively with teasing and develop life-long coping skills. In addition to examining the roots of teasing, the book discusses how parents can work with the school and teachers to combat teasing and how parents can help their child form healthy friendships. The strategies for coping with teasers include self-talk, ignoring, visualization, reframing the tease, disarming the teaser with a compliment, and using humor to lighten up the situation. The chapters are: (1) "What Is Teasing and Why Does It Hurt So Much?" (2) "What Are Children Teased About?" (3) "Why Do Children Tease?" (4) "Exploring the Teasing: Why Is Your Child Being Teased?" (5) "Talking to Your Child about Being Teased"; (6) "Teaching Your Child Strategies That Work"; (7) "Easing the Teasing at School: How Parents and Teachers Can Work Together"; (8) "Helping Your Child Form Healthy Friendships"; (9) "All Together Now: Teaching Children Empathy and Mutual Support"; (10) "Success Stories: Children Speak Up about Coping with Teasing"; and (11) "A Little Help for Parents of Teasers." The book concludes with list of recommended books for children, identified by the intended grade level from preschool to intermediate grades 6 through 8. (Contains 47 references.) (KB)

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